

# Y GYMNASTICS™

We build strong kids, strong families, strong communities.



**Grand Traverse Bay YMCA**  
**1100 Woodmere**  
**Traverse City, MI 49686**

*This is not a TCAPS program*

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. **Y Gymnastics will have final approval on class placement.** Phone Y Gymnastics at 929-2869 with all gymnastics questions. Session dates:

**May Session (4 weeks): Week of May 18 – Week of June 8 (no classes Monday, May 25)**

## **Boys & Girls ages 1 - 3 (w/parent)**

Y Members: \$18 non-Members: \$32  
\_\_\_ Mon 10:30 am \_\_\_ Wed 10:30 am  
\_\_\_ Thurs 10:00 am \_\_\_ Fri Noon  
\_\_\_ Sat 10:30 am (all classes 45 minutes)

## **Boys & Girls ages 3 - 4**

Y Members: \$18 non-Members: \$32  
(1<sup>st</sup> time 3 year olds must be placed by coach)  
\_\_\_ Mon 10:30 am \_\_\_ Mon 4:30 pm  
\_\_\_ Mon 5:30 pm \_\_\_ Tue 4:30 pm  
\_\_\_ Tue 5:30 pm \_\_\_ Wed 10:30 am  
\_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
\_\_\_ Thurs 10:00 am \_\_\_ Thurs 3:30 pm  
\_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
\_\_\_ Fri Noon \_\_\_ Sat 12:30 pm  
(all classes 45 minutes)

## **Boys & Girls ages 5 - 6**

Y Members: \$18 non-Members: \$32  
\_\_\_ Mon 10:30 am \_\_\_ Mon 4:30 pm  
\_\_\_ Mon 5:30 pm \_\_\_ Tue 4:30 pm  
\_\_\_ Tue 5:30 pm \_\_\_ Wed 10:30 am  
\_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
\_\_\_ Thurs 10:00 am \_\_\_ Thurs 3:30 pm  
\_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
\_\_\_ Fri Noon \_\_\_ Sat 12:30 pm  
(all classes 45 minutes)

## **Boys Only ages 7 & up Rollers**

Y Members: \$22 non-Members: \$38  
\_\_\_ Tue 6:30 pm \_\_\_ Wed 6:00 pm  
\_\_\_ Thurs 4:30 pm \_\_\_ Sat 11:30 pm  
(all classes 55 minutes)

## **Beginner Girls ages 5 & up Rollers**

Y Members: \$22 non-Members: \$38  
\_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
\_\_\_ Mon 6:30 pm \_\_\_ Tue 4:30 pm  
\_\_\_ Tue 5:30 pm \_\_\_ Tue 6:30 pm  
\_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
\_\_\_ Thurs 4:30 pm \_\_\_ Thurs 5:30  
\_\_\_ Thurs 6:30 pm \_\_\_ Sat 10:30 am  
\_\_\_ Sat 11:30 am (all classes 55 minutes)

## **PARENTS PLEASE NOTE:**

***Y Gymnastics is a progressive program.  
To assure the best and safest coaching  
for your child and other children, class  
placement by our coaches is necessary.***

## **Intermediate ages 5 & up Swingers**

Y Members: \$22 non-Members: \$38  
(coach recommendation required)  
\_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
\_\_\_ Mon 6:30 pm \_\_\_ Tue 4:30 pm  
\_\_\_ Tue 5:30 pm \_\_\_ Tue 6:30 pm  
\_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
\_\_\_ Thurs 4:30 pm \_\_\_ Thurs 5:30 pm  
\_\_\_ Thurs 6:30 \_\_\_ Sat 11:30 am  
(all classes 55 minutes)

## **Gymnastics For HS Cheerleaders**

Y Members: \$18 non-Members: \$32  
\_\_\_ Mon 6:30 pm \_\_\_ Wed 7:00 pm  
(all classes 1 hour)

## **Advanced 1 Kippers**

Y Members: \$30 non-Members: \$60  
(coach recommendation required)  
\_\_\_ Mon 5:30 pm \_\_\_ Tue 5:30 pm  
\_\_\_ Wed 6:00 pm \_\_\_ Thurs 4:30 pm  
\_\_\_ Sat 9:30 am (all classes 2 hours)

## **Advanced 2 Flyers**

Y Members: \$50 non-Members: \$90  
(coach recommendation required)  
choose any *two* times  
\_\_\_ Mon 5:30 pm \_\_\_ Tue 5:30 pm  
\_\_\_ Wed 6:00 pm \_\_\_ Thurs 4:30 pm  
\_\_\_ Sat 9:30 am (all classes 2 hours)

## **Pre-Team Levels 1-3 (4 hrs) Flippers**

Y Members: \$66/mo non-Members: \$80/mo  
\_\_\_ Tues & Thurs 4:30 – 6:30 pm

## **Pre-Team Levels 4 (6 hrs) Twisters**

Y Members: \$84/mo non-Members: \$98/mo  
\_\_\_ Tues & Thurs 4:30 – 7:30 pm

## **Pre-Team Levels 4-5 (9 hrs) Twisters**

Y Members: \$98/mo non-Members: \$112/mo  
\_\_\_ Tue, Thurs, Fri 4:30–7:30 pm

## **Team Level 5 (12 hr)**

Y Members: \$120/mo non-Members: \$134/mo  
\_\_\_ Tue, Thurs, Fri 4:30–8:30

## **Team Levels 5-6 (16 hr)**

Y Members: \$164/mo non-Members: \$178/mo  
\_\_\_ M,W,F 4:30 – 8:30 pm, Sat 9:30 – 1:30

## **Team Levels 6-7 (18 hr)**

Y Members: \$186/mo non-Members: \$200/mo  
\_\_\_ M,W,F 4:30 – 8:30 pm, Sat 9:30 – 1:30

## **Team Levels 8-10 (24 hr)**

Y Members: \$240/mo non-Members: \$254/mo  
\_\_\_ M-F 4:30 – 8:30 pm, Sat 9:30 – 1:30

## **PRIVATE LESSONS**

**AVAILABLE**

**\$25/hr**

**Birthday Party Rentals**  
also available. Call 929-2869 for  
details.

## **\*\* NEW \*\* Baton Twirling Class**

Y Members: \$20 non-Members: \$36  
\_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm

## **WE'RE GROWING AND BOUNCING!**

Y Gymnastics has expanded with an  
additional 3,000 sf gym featuring a new  
Adrenaline Maze Bounce House!  
Great for parties

Name \_\_\_\_\_ M/F Address \_\_\_\_\_  
Age \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Mother's Name \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Current Y Member?: Y/N  
Father's Name \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Member Exp Date \_\_\_\_\_

**Liability Release, Sportsmanship Pledge, and Understanding of Mission:** I hereby assume all risks incidental to the above person's participation and waive, release, absolve, indemnify, and agree to hold blameless the Grand Traverse Bay YMCA, its organizers, volunteers, sponsors, and other participants for any claim arising out of injury to said person during such participation. I give my permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, etc. associated with YMCA programs. PARENTS: Our staff is trained in child abuse prevention and all sign a code of conduct. Please report any suspicious activity immediately. *I will at all times display the YMCA values of honesty, respect, caring, and responsibility and encourage all gymnasts and coaches in a positive manner. I understand the Y mission in offering this program: to build strong kids, strong families, and strong communities.*  
Signed \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only:

Date received \_\_\_\_\_ Received by \_\_\_\_\_ Amount received \_\_\_\_\_  
Method of payment: cash check VISA/MC# \_\_\_\_\_ Expiration Date \_\_\_\_\_